# FUNCTIONAL STRENGTH

KETTLEBELLS, CROSSFIT AND MORE FUNCTIONAL STRENGTH: BUILD STRENGTH YOU CAN ACTUALLY USE!



## Functional Training Resource Sheet

Once you discover functional training, you'll find that it changes your entire life. This training is all about making your body stronger, more flexible, more stable and more energetic. The results are incredible but what's more is that it's a lot of fun.

If you'd like to learn more about this kind of training, or if you're looking for more ideas and advice, then refer to this resource sheet and you'll see just how deep the rabbit hole goes…

## How to Perform the Kettlebell Swing

https://youtu.be/4Ng3_TNsCR8

This is a video from Tex McQuilkin demonstrating how to correctly perform a kettlebell swing. One of the fundamental kettlebell exercises is the kettlebell swing. It is an excellent movement that trains the posterior chain - all those muscles along your backside which include the back, glutes, and hamstrings. Strengthening these muscles allows for better athletic performance, as well as reduced incidents of lower back and knee pain.

## Ido Portal

http://www.idoportal.com/

Ido Portal is a guy who is trumpeting the importance of movement. He can do things you wouldn't believe and will change the way you think about the human body.

You can also see more by watching this video:

https://www.youtube.com/watch?v=W0Wr7HsylE0

Or by listening to his interview on London Real:

https://www.youtube.com/watch?v=Z_-DI2feFms

Oh and to prove that Ido isn't a once-in-a-lifetime fluke, check out Frank Medrano:

https://www.youtube.com/watch?v=RFPsvF3UOdo

Not sure which of these guys is more insane!

## Becoming a Mike Boyle Student

http://www.bodybyboyleonline.com

Another big name in this industry is Mike Boyle. For three decades Strength Coach Mike Boyle has been at the forefront of the profession, working with a wide range of athletes and clients. From middle school, to the pros, to busy adults who want to be in the best shape of their lives, Mike has delivered results over the years that have made him one of the top presenters at seminars around the world, the author of several published books and DVDs that have shaped the industry, and owner of the **Number 1 Gym in America by *Men's Health* Magazine**

## Clubbell 5 X 5

http://rmaxi.com/clubbell5x5/

Alberto Gallazzi, bodyguard to heads of state, Hollywood superstars, and fashion icons, proved to be far more than a strong shield. After many years of preparing teams of protection agents to replace him and protect some of the world's highest profile individuals, he demonstrated that he was a master coach as well.

I watched him not only grow as a coach, but integrate his extensive and cross-disciplinary background to develop new approaches to developing strength in all functional angles and necessities. Clubbell 5×5 is more than a shield. It is an intelligently designed weapon for cultivating aggressive muscle mass and expressible power.

## 50+ Press Up Variations!

https://youtu.be/TKzJ-nDNxpY

It'll be a while before you can perform moves like Ido most likely. In the meantime, this comprehensive list includes over 50 press up variations you can use to build more muscle and dynamic strength from home.

## Bartendaz

Okay, one more video of people doing mad things with their bodies. Check out: The Bartendaz!

https://www.youtube.com/watch?v=ZHZvkoUlJIw

## CrossFit

http://www.crossfit.com/

The sport is controversial and the website is shabby, but no discussion on this topic would be complete without mentioning CrossFit. Check out the site here.

## MovNat

https://www.movnat.com/

Meanwhile, here is the official MovNat site, which is all about more natural movement in nature.

You should also watch this inspiring video from them:

https://www.youtube.com/watch?v=SKGF-ErsJiI

This will make you wish that you lived somewhere a little warmer and more beautiful…

## Vibram

Learn more about the company that is spearheading a more barefoot style of shoe here:

http://us.vibram.com/

## Mark's Daily Apple

http://www.marksdailyapple.com/

Mark's Daily Apple is a great site that's filled with tips on 'primal living'. That includes moving more naturally but also eating a little closer to our ancestors. There's tons of good stuff here – be sure to check out the post on correct breathing technique!

As you can see then, this natural movement is a big topic right now. Why not make like MovNat and dive in?